

18+ Drop-In Fitness Classes

April 2024

Inclement Weather: If the building is open & an instructor is available, drop-in classes proceed according to the schedule. Hotline: 703-228-4715

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Cycle 6:30–7:15am Long Bridge Jennifer	\$5 Cycle 9:15-9:50am TJ Indoors Lori	Muscle Blast 6:30–7:15am Long Bridge Jennifer		\$5 Cycle 7:15-8am TJ Indoors Mallory	Yoga 8-8:45am Long Bridge Lisa/Mallory	Cycle 8:15-9am Long Bridge Carlos
	FREE Muscle Conditioning 9:15-10am Lubber Run Lawn Michelle			\$5 Circuit 9:15-10am TJ Indoors Shanan		
FREE Muscle Conditioning 12:15–1pm TJ Courts Michelle	Muscle Blast 12:15-1pm Long Bridge Elissa	\$5 Muscle Blast 12:15–1pm TJ Indoors Shanan	Yoga—Decompress 12:15-1pm Long Bridge Elissa	NEW! \$5 Yogalates 10:15-11am TJ Room 35 Connie		
LYT Yoga 6-6:45pm Long Bridge Mallory	\$5 Muscle Blast 5:30-6:15pm TJ Indoors Lori	\$5 Yoga 6:15-7pm TJ Room 35 Connie	FREE Muscle Conditioning 5:30-6:15pm TJ Plaza Shaun	\$5 Muscle Blast 12:15-1pm Lubber Run Studio Michelle		
		\$5 Cycle 7-7:45pm TJ Indoors Myron	Cycle 7-7:45pm Long Bridge Shaun	All Long Bridge memberships/passes (except the daily) include Long Bridge drop-in classes.		

Visit parks.arlingtonva.us. Drop-In class registration optional.
Activity Numbers: 790100 (Long Bridge), 790120 (TJ), Outdoors 782107

LOCATIONS

Outdoor classes are FREE! No membership is required!

Indoor classes require a fitness membership or day pass AND class fee (at TJ/Lubber Run).

First come, first served, just show up! * Classes are subject to change with no notice.

- Long Bridge Aquatics and Fitness Center
333 Long Bridge Dr. (22202) 703-228-3338
- Thomas Jefferson Community and Fitness Center (TJ)
3501 S. 2nd St. (22204) 703-228-5920
- Lubber Run Community Center
300 N. Park Dr. (22203) 703-228-4712

Drop-In Class Fees

	Adult (18-54)	55+
One Class	\$5	\$4
10-Class Pass	\$46	\$37
Unlimited 3-Month Class Pass	\$100	\$80

For more information about the **Drop-In Fitness Class Program**, contact **Michelle Atkin** at MAtkin@arlingtonva.us or 703-228-5933.



Scan for the drop-in fitness web page!



Drop-In Fitness Classes

Class Details

All classes can accommodate all fitness levels. If it is your first time, please arrive a few minutes before class and let the instructor know that you are new. The instructor can help you learn proper technique for a safe and effective workout and provide modifications as needed.

The beginning of class is devoted to the **warm-up**, which gradually prepares the body for more vigorous activities.

The end of the class is devoted to a **cool-down** and stretch to help increase flexibility.

Cardio activities increase your heart rate to train the heart and lungs. They will help increase your stamina, burn fat, relieve stress and more!

Strength training is designed to build muscular strength and endurance. Resistance training can help keep you strong, burn fat, increase muscle tone and improve bone density.

- **Muscle Blast:** Get your heartrate up and get your resistance training in with weight, kettlebell, ball, BOSU or band exercises. We'll work most muscles and challenge your balance before stretching it out.
- **Cycle:** Warm-up, climb, sprint, interval train, and cool-down. Any fitness level is welcome to go at your own pace.
- **Yoga:** Build strength, body awareness, and flexibility with a multilevel yoga class. Breathe to connect poses and leave focused and energized.
- **Circuit:** Move from station to station trying new moves to test your strength, balance and stamina with an instructor encouraging you!
- **FREE Muscle Conditioning OUTSIDE:** Get your heartrate up and get a bodyweight workout before stretching it out. Expect to get down and up from your mat. Bring your own mat or towel; hand weights are optional.

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- **FREE Fitness Equipment Orientations:** Offered monthly. Email matkin@arlingtonva.us to sign-up, space is limited.
 - ⇒ **Lubber Run:** 9th of April 10:15-11:15 a.m. (Tuesday)
 - ⇒ **Thomas Jefferson:** 15th of April 11:30 a.m.-12:30 p.m. (Monday)
 - ⇒ **Long Bridge:** 25th of April 1-2 p.m. (Thursday)

- **FREE Fitness Center Tours:** Check with the front desk.
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PLEASE NOTE: Classes and instructors are subject to change. If a minimum average of 8 participants is not met over a 4-week period, the class may be removed from the next schedule. New schedules are released every 1-3 months. Classes are seasonal based on demand.

Fitness Programs to Fit All Interests and Abilities

Arlington County Parks & Recreation has a variety of classes, programs and memberships to fit all interests and abilities.

- Enjoy Arlington Fitness & Wellness Classes
- 55+ Fitness & Wellness Classes
- Therapeutic Recreation Classes
- We can provide reasonable modifications to all programs and classes for people with disabilities upon request.

Go to parks.arlingtonva.us to learn more.